

# ANABOLIC-ANDROGENIC STEROIDS





# ANABOLIC-ANDROGENIC STEROIDS CONTENT



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## ***WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?***

- 『*Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.*
- 『*Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.*

# ***WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?***

*Anabolic Steroids Effect the Human Body in Two Major Areas:*

- 1) The anabolic effects of the drugs promote the growth of skeletal muscle.*
- 2) The androgenic effects of the drugs promote the development of male sexual characteristics.*

# ***HISTORY of STEROIDS***

**1860's** - *The first documented use of drugs to enhance athletic performance. A group of swimmers in Amsterdam took drugs to swim faster.*

**1935** - *Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.*

**1950's** - *During the 1952 Olympics the Russian weightlifting team won the gold medal due to synthetic steroid use.*



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# ***HISTORY of STEROIDS (cont)***

***1950's (cont) - A U.S. pharmaceutical firm develops the first Anabolic Steroids.***

***1970's - Demand for anabolic steroids grew as professional athletes discovered some of the benefits. The myth that athletes NEEDED to use anabolic steroids to remain competitive began to be heard.***

***1975 - The International Olympic Committee officially banned the use of steroids.***

# ***HISTORY of STEROIDS (cont)***

***1984 - The first case of a bodybuilder contracting AIDS due to steroid needle sharing became public.***

***1988 - The sale of anabolic steroids for non-medical purposes was made illegal under the Anti-Drug Abuse Act of 1988.***

***1990 - The possession of anabolic steroids without a prescription was made illegal***

***What is Anabolic Steroids***



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# ***HOW ARE THEY TAKEN?***

***Anabolic Steroids can be  
ingested in a variety of ways:***

- 1) Orally - In a pill or liquid form.***
- 2) Intravenously - Injected with the  
use of a hypodermic needle.***
- 3) Rubbed onto the skin with the  
steroid in a gel or cream form.***

***\*\*\*Some steroid users mix different  
types and amounts of these drugs  
to increase the effects. This is call  
“Stacking”.\*\*\****

# ***WHY ARE THEY USED?***

*Athletes use anabolic steroids for many different results:*

- 1) To trim body fat faster.*
- 2) To increase muscle size.*
- 3) For faster post workout muscle recovery.*
- 4) In order to train harder and more often.*

# ***SHORT TERM PHYSICAL EFFECTS***

- » *Sore Throat*
- » *Bad Acne/Rashes*
- » *Chronic Headaches*
- » *Insomnia*
- » *Nausea and Diarrhea*
- » *Bloating*
- » *Muscle Cramps*
- » *Bone Pain*

# ***LONG TERM PHYSICAL EFFECTS***

- » ***Extra Body Hair for Women***
- » ***Feminine Breasts in Men***
- » ***Baldness***
- » ***Sterility***
- » ***Brain Damage***
- » ***Blood Clotting/High Blood Pressure***

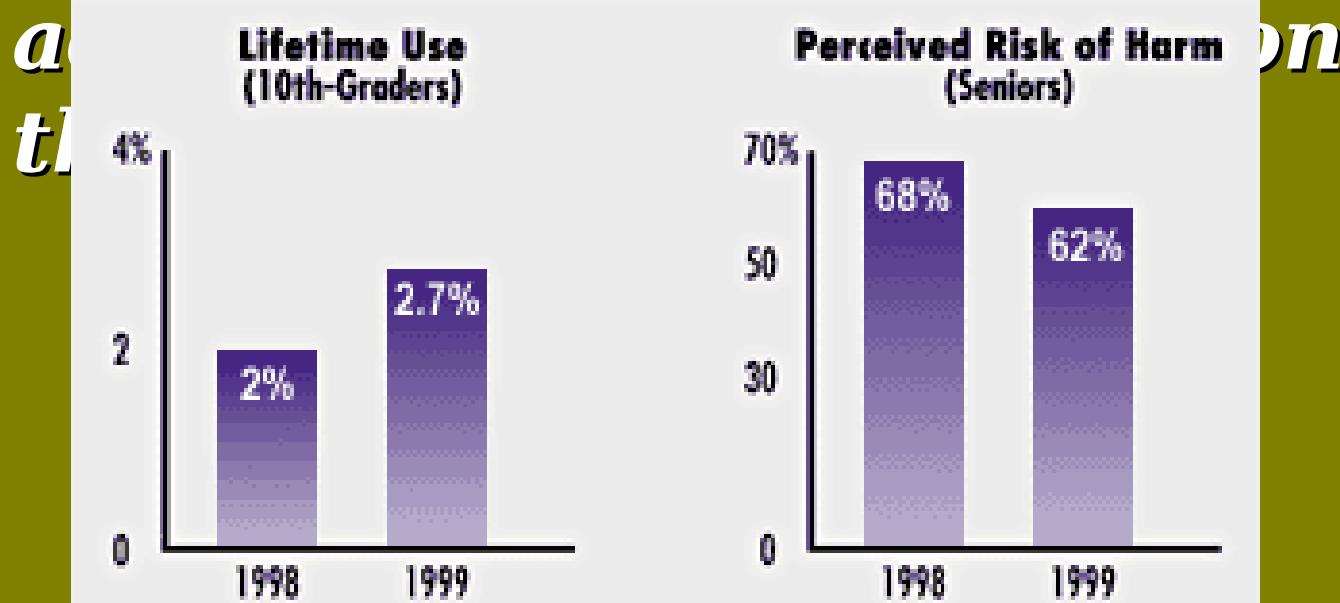
- » ***Tumors of the Liver***
- » ***Hepatitis***
- » ***Liver Cancer***
- » ***Eye Infections***
- » ***Kidney Disease***
- » ***Enlargement of Facial Bones***
- » ***Heart Attacks***

# ***PSYCHOLOGICAL EFFECTS***

- » *Overly Aggressive Attitude or “ROID-RAGE”*
- » *Homicidal Rage*
- » *Chronic Depression*
- » *Loss of Memory*
- » *Excessive Sexual Arousal*
- » *Loss of Interest - lack of concentration, and no energy to do anything.*

# **STEROID ABUSE IN THE U.S.**

*While there is not much data on adult steroid use, evidence shows that*



# **STEROID TESTING IN THE ARMY**

- *Steroid testing of individuals for probable cause or testing certain populations may be requested by commanders, however PRIOR coordination must be made through the IBTC and Fort Meade.*
- *Specimens collected will NOT be tested for any other drugs. A second sample must be collected for additional drug testing. The second sample must be on a separate DD Form 2624 and preferably shipped in a second box.*

# **NORANDROSTENEDIONE**

- *Norandrostenedione is an over the counter dietary supplement that is very much like anabolic steroids. Instead of converting to testosterone it converts to nandrolone.*
- *It CANNOT be determined if dietary supplements or anabolic steroids were used if the laboratory result is reported positive for Nandrolone.*
- *In such cases, NO ACTION CAN BE TAKEN AGAINST THE SOLDIER.*

# ***ADDITIONAL RESOURCES***

- [\*http://www.steroidabuse.org\*](http://www.steroidabuse.org)
- [\*http://www.drugabuse.gov\*](http://www.drugabuse.gov)
- [\*http://www.health.org\*](http://www.health.org)
- [\*http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html\*](http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html)
- [\*http://thesteroidtruth.com/\*](http://thesteroidtruth.com/)
- [\*http://espn.go.com/special/s/drugsandsports/steroids.html\*](http://espn.go.com/special/s/drugsandsports/steroids.html)



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